

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

Visit us at www.fns.usda.gov/fdd

A079 – BEANS, CANNED, PINTO, DRY, WHOLE, #10

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry pinto beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz pinto beans and liquid. One #10 can AP yields about 66.1 oz (9 cups) heated, drained pinto beans and provides about 36.4 ¼-cup servings heated, drained pinto beans OR provides about 18.2 ½-cup servings heated, drained pinto beans. CN Crediting: ¼ cup heated, drained pinto beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained pinto beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned pinto beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned pinto beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Heat without added salt and serve alone or use as directed in recipes.



Nutrition Information

Beans, pinto, canned, mature seeds, solids and liquids

	¼ cup (60 g)	½ cup (120 g)
Calories	52	103
Protein	2.92 g	5.83 g
Carbohydrate	9.15 g	18.30 g
Dietary Fiber	2.8 g	5.5 g
Sugars	0.13 g	0.26 g
Total Fat	0.49 g	0.97 g
Saturated Fat	0.10 g	0.20 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.88 mg	1.75 mg
Calcium	26 mg	52 mg
Sodium	176 mg	353 mg
Magnesium	16 mg	32 mg
Potassium	146 mg	292 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	1.1 mg
Vitamin E	0.35 mg	0.71 mg



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USES AND TIPS	<ul style="list-style-type: none">• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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